

Persimmon Bread III

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



227 kcal

BREAD

Ingredients

- 0.5 cup apple sauce
- 2 teaspoons baking soda
- 3 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg

- 0.5 cup oatmeal
- 0.5 teaspoon salt
- 2 cups hachiya persimmon pulp ripe
- 0.5 cup vegetable oil
- 1.5 cups flour
- 2 cups sugar white

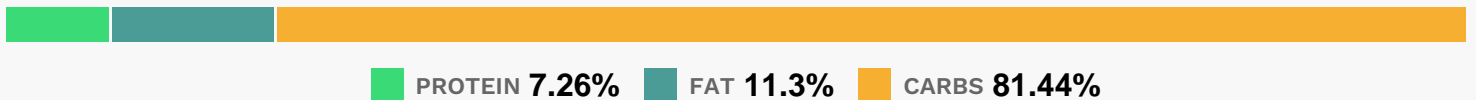
Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a bowl, stir together the sugar, wheat flour, all-purpose flour, oatmeal, salt cinnamon, nutmeg, allspice, cloves, and baking soda, until well mixed. Set aside. In a separate bowl, stir persimmon pulp with applesauce, vegetable oil, and eggs until well blended.
- Combine the wet and dry ingredients, stirring until free of lumps. Divide batter between two greased 9x5 inch loaf pans.
- Bake in the preheated oven for one hour, or until a toothpick inserted into the center of the loaves comes out clean.

Nutrition Facts



Properties

Glycemic Index:23.16, Glycemic Load:30.87, Inflammation Score:-2, Nutrition Score:5.3769566118717%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 226.66kcal (11.33%), Fat: 2.88g (4.43%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 45.79g (16.65%), Sugar: 25.8g (28.67%), Cholesterol: 30.69mg (10.23%), Sodium: 224.01mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Selenium: 12.68µg (18.11%), Manganese: 0.33mg (16.7%), Vitamin B1: 0.2mg (13.22%), Folate: 51.51µg (12.88%), Vitamin B2: 0.17mg (9.71%), Iron: 1.56mg (8.64%), Vitamin B3: 1.43mg (7.18%), Phosphorus: 57.21mg (5.72%), Copper: 0.08mg (4.07%), Fiber: 0.97g (3.87%), Magnesium: 12.83mg (3.21%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.27mg (2.69%), Vitamin K: 2.79µg (2.66%), Calcium: 24.18mg (2.42%), Potassium: 82.91mg (2.37%), Vitamin B6: 0.05mg (2.26%), Vitamin E: 0.24mg (1.59%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.17µg (1.1%)